




82% complete

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These questions are about the time you spend sitting while at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television.

 Do not include any time spent sitting in a motor vehicle that you have already mentioned.

During the **last 7 days**, how much time did you usually spend **sitting** on a **weekday**?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

During the **last 7 days**, how much time did you usually spend **sitting** on a **weekend day**?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

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